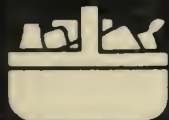


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# CONSUMER TIPS > >

CHARACTERISTICS OF A GOOD LOAF OF BREAD  
(Described by U. S. Bureau of Home Economics)

1. Color - will vary with kind of flour used. All bread should have a satiny luster, show no streaks, not have grayish cast but be creamy white to brown.
2. Grain - should be fine, no large holes, even texture with thin cell walls. Loaves from other than white flour usually have smaller volume for same weight.
3. Texture - should be elastic, the degree of elasticity varying with the kind of flour.
4. Loaf - should be symmetrical, with an evenly rounded top and even browning - not too dark. (over)

5. Flavor - white bread: that of well-blended ingredients and well-baked loaf; no suggestion of sourness, yeast, mustiness or other off flavors; salt enough to prevent flat taste. Graham and whole-wheat bread should have pronounced whole-grain flavor.

### INGREDIENTS FOR 3 1-LB. LOAVES OF WHITE BREAD

(Bureau of Home Economics' formula for School Lunch Program)

2 3/4 cups of water or milk	4 teaspoons salt
1 to 2 yeast cakes	2 tablespoons fat
3 tablespoons sugar	2 1/4 quarts sifted, hard wheat flour. (In substituting whole wheat flour a little less may be required)

CONSUMERS' COUNSEL DIVISION  
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WASHINGTON, D. C.

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Lesson 31

BREAD

## CONSUMERS TIPS

(Facts from Bureau Home Economics)

### CHARACTERISTICS OF A GOOD LOAF

1. SHAPE should be symmetrical, with evenly rounded top.
2. COLOR should be even brown (not too dark) on top; inside color will vary with kind of flour - creamy white to brown; no streaks, grayness; should have satiny luster.
3. GRAIN should be fine, no large holes; loaves from darker flour usually more solid, smaller for same weight.
4. TEXTURE should be elastic, varying with kind of flour.
5. FLAVOR - white bread: that of well-blended ingredients, well-baked loaf; no sourness, yeast, mustiness; salt enough to prevent flat taste. Whole-wheat & graham: should have pronounced whole-grain flavor.

Bread labeled WHOLE-WHEAT must contain all of wheat berry.  
ALL WHITE bread must be enriched and contain milk.

## HOW TO AVOID WASTE

1. Keep bread wrapped or in ventilated box; in summer, to prevent mold, wrap in waxed paper & put in refrigerator.
2. Don't throw any bread away; if stale, dry on radiator or top of stove; roll for breadcrumbs and use in cooking.

## DIFFERENT WAYS TO USE BREAD

**LUNCH-BOXES:** Use various kinds for sandwiches - Oatmeal, raisin, whole-wheat, rye, enriched white, nut, graham.

**MEAT-EXTENDERS:** Breadcrumbs in loaves & patties, souffles, crust for meat pie, with egg or batter for fried oysters bread stuffing for fowl, fish, breast of lamb, spare-ribs, braised "birds"; hot open-faced sandwiches.

**MEAT ALTERNATES:** Toast or hollowed-out bread cups for creamed beans, cheese rarebit, creamed eggs, etc.

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